



Chinese New Year Pen Cai

Overview

Difficulty: Easy

Servings: 6

Preparation Time: 40 mins

Cooking Time: 45 mins

Ingredients

20ml Cooking Oil

30ml Water

1.5L Chicken Stock

1 Can Abalone Stock

1 Medium Sized Carrot

1 Medium Sized White Radish

1 Rehydrated Sea Cucumber

6 Scallops

6 Young Corns

12 Abalones (Canned)

12 Fresh Clams

12 Fresh Whole Prawns

20g Black Moss ('Fat Choy')

30g Old Ginger

50g Garlic

50g Shallots

150g Jew's Ear / Black Fungus (Rehydrated)

150g Shiitake Mushroom (Rehydrated)

200g Broccoli Florets

300g Roasted Duck Meat

300g Roasted Pork Belly

2 Tablespoons Dark Soy Sauce

2 Tablespoons Light Sauce

2 Tablespoons Sesame Oil

3 Tablespoons Corn Starch

3 Tablespoons Oyster Sauce

4 Tablespoons 'Hua Tiao' Chinese Wine

To Taste White Pepper

To Garnish Red Chilli

To Garnish Spring Onions

Methods

Step 1

Peel the carrot and white radish, and cut into thick slices.



Step 2

Cut the sea cucumber and Jew's ear into thick slices.



Step 3

Using a MaxoMixx Hand Blender, blend the old ginger, shallots and garlic together.



Step 4

In a heated casserole, add in cooking oil, and the fresh clams. Deglaze with 'Hua Tiao' wine, cover the casserole to cook the clams. Once cooked, the clams should open, then remove the clams and set them aside.



Step 5

In the same pot, add sesame oil and fry the blended ginger, shallots and garlic until slightly brown and fragrant.



Step 6

Add in oyster sauce, chicken stock, abalone stock, light soy sauce and dark soy sauce. Bring the stock to simmer.



Step 7

Preheat the oven to 190°C using '4D Hot Air' Mode.



Step 8

Add in the prawns, sea cucumber, abalone, scallops, the white radishes, carrots, baby corns, Jew's ears, shiitake mushrooms, and black moss (fat choy).



Step 9

Place the pot in the oven and cook for 20 minutes. Then add in broccoli, clams, roasted pork belly and roasted duck meat. Cook for another 10 minutes in the oven or until all ingredients are cooked through.





Step 10

Strain the sauce and bring to boil. Season with white pepper, and thicken the sauce with cornstarch slurry.
Make the cornstarch slurry by mixing 3 tablespoons cornstarch and 30ml water.



Step 11

Thinly slice spring onions and chilli, and soak the spring onions in ice water.
Tip: This makes the spring onions curl so they form a nice garnish for your dish.





Step 12

Arrange the ingredients in the casserole or pot, and pour the sauce over.



Step 13

Garnish with the red chilli and spring onion slices and enjoy!

